

## Claims

What is claimed is:

1. An exercise device comprising
  - a first block having a first height and a first horizontal platform,
  - 5 a second block having a second height, a second horizontal platform, a first vertical corner and a second vertical corner,
  - a third block having a third height and a third horizontal platform,
  - 10 a first hinge connected to the first block and the first vertical corner of the second block wherein the first hinge rotates about an first axis that that is perpendicular to the plane formed by the first horizontal platform and
  - a second hinge connected to the third block and the second vertical corner of the second block wherein the second hinge rotates about a second axis that that is perpendicular to the plane formed by the second horizontal platform.
2. The exercise device of claim 1 wherein the first vertical corner is diagonally opposite from the second vertical corner.
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3. The exercise device of claim 1 wherein the exercise device further comprises a first position and a second position, wherein the spatial orientation of the first block, second block and third block of the first position is different from the spatial orientation of the first block, second block and third block of the second position.
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4. The exercise device of claim 1, wherein the first height is between 6 and 10 inches, the second height is between 10 and 18 inches and the third height is between 18 and 24 inches.
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5. The exercise device of claim 1, wherein the first height is approximately 7 inches, the second height is approximately 14 inches and the third height is approximately 21 inches.
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6. The exercise device of claim 1, wherein the first block, the second block and the third block are made from materials selected from the group consisting of aluminum, plastic, composites and wood.

7. The exercise device of claim 1 wherein the third height that allows a user to have a 90° maximum knee bend with single foot placement.
8. The exercise device of claim 7 wherein the second block is a lower proportional height to the third block.
- 5 9. The exercise device of claim 7 wherein the first block is a lower proportional height to the second block.
- 10 10. The exercise device of claim 7 further comprising at least one insertion point on the exercise device, wherein the insertion point is located on the exercise device at a location selected from the group consisting of the first horizontal platform, the second horizontal platform and the third horizontal platform.
11. The exercise device of claim 1 further comprising a removable bar that fits into the at least one insertion point.
12. The exercise device of claim 1 further comprising a height level cap that fits into the at least one insertion point.
- 15 13. The exercise device of claim 1 further comprising a comfort pad attached to the first horizontal platform, the second horizontal platform, or the third horizontal platform.
- 20 14. The exercise device of claim 1 further comprising a resistance grip attached on the exercise device, wherein the resistance grip is located on the exercise device at a location selected from the group consisting of the first horizontal platform, the second horizontal platform and the third horizontal platform.
15. The exercise device of claim 1 further comprising a pair of stabilization bars connected to the exercise device at a location selected from the group consisting of the first block, the second block and the block platform.
- 25 16. The exercise device of claim 15 further comprising a pair of locking hinges connected between the exercise device and a stabilization bar.
17. The exercise device of claim 1 wherein the first block, the second block, and the third block are made from materials selected from the group consisting of aluminum, plastic, and wood.
- 30 18. A method for making an exercise device comprising the steps of forming a first block with a first horizontal platform, a first side, and a second side, forming a

second block with a second horizontal platform, a third side, and a fourth side, forming a third block with a third horizontal platform, a fifth side, and a sixth side, attaching a first hinge to the first side of the first block and to the third side of the second block, attaching a second hinge to the fourth side of the second block and to the sixth side of the third block.

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19. An exercise device comprising

a first block having a first height and a first horizontal platform,

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a second block having a second height, a second horizontal platform, a first vertical corner and a second vertical corner, wherein the first vertical corner is diagonally opposite from the second vertical corner,

a third block having a third height and a third horizontal platform,

a first hinge connected to the first block and the first vertical corner of the second block wherein the first hinge rotates about an first axis that that is perpendicular to the plane formed by the first horizontal platform,

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a second hinge connected to the third block and the second vertical corner of the second block wherein the second hinge rotates about a second axis that that is perpendicular to the plane formed by the second horizontal platform,

a first position and a second position,

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wherein the spatial orientation of the first block, second block and third block of the first position is different from the spatial orientation of the first block, second block and third block of the second position.